

Lesson 5

Family activity sheet



Making healthy, sustainable choices

We are recommended to eat less fat, sugars and salt. Over the next week, choose one of these to focus on reducing at home. With your child, plan three actions you will take to reduce the amount of fat, salt or sugars your family consume this week. **Use the information on the Change4life website (links below) to help.**

Our three actions

1.

2.

3.

Reducing sugars

- > **In meals:** [nhs.uk/change4life/food-facts/sugar/sugar-swaps-for-kids](https://www.nhs.uk/change4life/food-facts/sugar/sugar-swaps-for-kids)
- > **In drinks:** [nhs.uk/change4life/food-facts/healthier-snacks-for-kids/lower-sugavr-drinks-for-kids-stop-tooth-decay](https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids/lower-sugavr-drinks-for-kids-stop-tooth-decay)

Reducing salt

- > [nhs.uk/change4life/food-facts/salt](https://www.nhs.uk/change4life/food-facts/salt)

Reducing saturated fat

- > [nhs.uk/change4life/food-facts/fat](https://www.nhs.uk/change4life/food-facts/fat)

